

*Good Questions for Your Good Health*

# Ask Me3<sup>®</sup>

*Every time you talk with a health care provider*

**Ask these questions**

**1.**

**What is  
my main  
problem?**

**2.**

**What do I  
need  
to do?**

**3.**

**Why is it  
important for  
me to do this?**

*Asking questions can help you be  
an active member of your health care team*

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*Preguntas para su buena salud*

# Ask Me3<sup>®</sup>

*Cada vez que hable con  
un prestador de servicios médicos*

**Hágale las tres preguntas**

**1.**

**¿Cuál es mi  
principal  
problema?**

**2.**

**¿Qué debo  
hacer?**

**3.**

**¿Por qué es  
importante para  
mí hacer eso?**

*Hacer preguntas sobre su salud puede  
ayudarle a ser un miembro activo  
de su equipo médico*



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